

**Sample #1**  
**Guided Holy Hour for Children**  
**Script for the Prayer Leader**

**THE HOLY HOUR BEGINS**

As we begin, the prayer leader says:

*Boys and girls, please stand when Father enters and then kneel when he opens the tabernacle. We will sing, "O Saving Victim," found in your program, when Father exposes Jesus in the Blessed Sacrament, placing the Host in the monstrance on the altar.*

(See program example for the Eucharistic hymns)

Following Exposition, Father offers several vocal prayers (Our Father, Hail Mary, and Glory Be). He then exits back to the sacristy.

**THE PRAYER LEADER CONTINUES**

(We are still kneeling) When Father is no longer seen: *Jesus, we are so happy to be with You this evening to make our visit with You. We would like to continue the vocal prayers that Father has begun.*

*First, we call upon our Guardian Angel and all the Holy Angels present with us to help us **adore** You, Lord. Together we pray: "Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side to light, to guard, to rule and to guide. Amen."*

*Next, we call upon St. Michael, the "Prince of the Heavenly Host," and ask St. Michael to help keep us **from being distracted** so we can keep our focus on You, Jesus, during our Holy Hour. Together we pray: "St. Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits, who prowl throughout the world seeking the ruin of souls. Amen."*

*Finally, we ask our beautiful Blessed Mother Mary to help us **love** You, Jesus. We know there is nobody who ever lived on this earth who loved you more than she did. We entrust ourselves to her by praying together: "Holy Mary, I want to belong to you. I give you my whole self and all the good things I do: at home, at school, at Church and at play. My Mother! I am all yours, and all I do belongs to you to give to Jesus. Amen."*

## PREPARING FOR OUR ROSARY DECADE

*Jesus, You know each week we love to offer You our Rosary decades and this week will be no different. In 1917 You sent our beautiful Blessed Mother from Heaven to a little town in Portugal, called Fatima. Our Lady spoke to three children. Their names were Lucia, Francisco and Jacinta. One of the important things she told them was to pray our Rosary decades every day. (Pause) Jesus, we know this must be very important if You sent Our Blessed Mother from Heaven to tell us this. We would like to offer You the third Joyful mystery, Your Nativity. (Pause) I'm going to invite the boys and girls to have a seat now as we prepare our hearts to offer You this Rosary decade by reading the story in our Bible about your birth.*

*(Be seated) Boys and girls, open up your Bibles to page 100. Let's take a look at that picture.*

*(Prayer leader reads the story from the "New Catholic Picture Bible" by Father Lawrence Lovasik. Bibles for the children can be purchased through the Catholic Book Publishing Company.)*

*On that night some shepherds were tending their sheep in a field near Bethlehem. Suddenly a great light shone upon them, and they saw an angel of the Lord standing before them. They were filled with fear, as they saw how glorious the angel was.*

*"Do not be afraid," said the angel, "for I am bringing you good news of great joy for all mankind. Today in the city of David is born a Savior, who is Christ the Lord. You will find an infant wrapped in swaddling clothes and lying in a manger." (Pause)*

*And then they saw that the air around and the sky above them were filled with angels, praising God and singing: "Glory to God in the highest, and peace on earth among men of good will."*

*While they looked with wonder and listened, the angels went out of sight as suddenly as they had come. Then the shepherds said one to another, "Let us go over to Bethlehem and see this wonderful thing that God has made known to us."*

*As quickly as they could, they went to Bethlehem, and there they found Mary and Joseph, and You, Jesus, a little Babe lying in the manger." (Pause and look up towards the altar)*

*They told Mary and Joseph, and others also, how they had seen the angels, and what they had heard about this Infant. All who heard their story wondered at it; but Mary, Your Mother, said nothing. She thought over all these things and silently kept them in her heart. (Pause)*

*After their visit, the shepherds, praising God for the good news that He had sent to them, went back to their flocks.*

*In this way, Your birth, Jesus, as our Savior, was made known to the faithful people who were praying for your coming. You did not appear to the rich or powerful but to plain, simple, and unknown shepherds. You were poor, and therefore You chose poor men as Your friends. The poor and humble are the first in Your kingdom.*

*The shepherds had great faith and devotion. In Your childhood, Jesus, they adored the great God of eternity; in Your littleness they honored Your humility; in Your swaddling clothes they saw Your poverty; in the hardness of the manger they wondered at Your love of sacrifice. They drew close to You and offered their little gifts with loving and grateful hearts. (Pause)*

*Eight days passed. Then according to the Law, Mary and Joseph held the religious service in which a Jewish child was given its name. They called You Jesus. The name Jesus means "Savior." It was the name the angel (Gabriel at the Annunciation) said You should have. Your very name told what You would do for men. God had become Man to save the world! (Pause)*

*(Prayer leader continues) Jesus, there are so many things to think about from the story of Your birth as we offer you our Rosary decade. We would like to offer this decade for every baby growing in his or her mother's womb, that they will be born safely and come to love You just like we do, Jesus.*

## **PRAYING OUR ROSARY DECADE**

*Boys and girls, it's time to kneel and offer our decade. (Kneel)*

*Find the Crucifix on the end of your Rosary beads. Let's give the Crucifix a kiss. (Kiss the Cross) Thank You, Jesus, for dying on the Cross for me. We make the Sign of the Cross together: "In the name of the Father and of the Son and of the Holy Spirit. Amen."*

*Now let's find the third decade on our Rosary beads.*

*Jesus, we offer You the third Joyful Mystery, Your Nativity.*

*Boys and girls, I'll say the first part of the prayer, you say the second. (Pause)*

*(Prayer leader) "Our Father, who art in Heaven, hallowed be Thy name. Thy Kingdom come. They will be done, on earth as it is in Heaven.*

*(Boys and girls) Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen."*

*(Prayer leader) "Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.*

*(Boys and girls) Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.” (10 times)*

*Boys and girls, let’s bow our heads down low and adore the most Holy Trinity. (Very long pause of adoration silence.) Together we pray: “Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.”*

*Boys and girls, come back up now and look at Jesus on the altar. (Pause) Let’s hold out our hand towards Him and offer this very special prayer. This is a prayer that our Blessed Mother taught the three children at Fatima. She asked us to pray this prayer at the end of each Rosary decade. Jesus, we know this must be very important since You sent our beautiful Mother Mary from Heaven to teach us this prayer. Together we pray: “O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those most in need of Thy mercy. Amen.”*

*Let’s find the Crucifix again at the end of our Rosary beads and give the Cross a kiss. (Kiss the Cross) Together we make the Sign of the Cross: “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.” Boys and girls, have a seat.*

## **SAINT STORY FOR CHILDREN**

*Jesus, when You were just a newborn Baby, the Shepherds came to adore You because You are God! We’ve come today to adore You too, Jesus! We are so thankful for this opportunity to make a visit with You this way, just like so many of the Saints have done throughout the years.*

*We’d like to think about one of these Saints right now. What I’m about to share with the boys and girls is taken from the website Catholic Kids 101 and it comes from one of the “CK101 Kids” named Anthony. Anthony tells us about his very favorite Saint who just happens to be who he is named after: St. Anthony of Padua.*

*Our CK101 friend Anthony writes this:*

*Saint Anthony of Padua was a Franciscan priest. That means he was a priest in the religious family (called an “order”) that Saint Francis of Assisi started in Italy. Anthony actually knew Francis. They lived at the same time. That was about 800 years ago.*

*Anthony was really smart and he was an AMAZING preacher! He went all around Italy and France preaching to the people about JESUS. He was best known for his sermons against “heresy.” Heresy is a teaching or belief that goes AGAINST what is true about Jesus and what His Church teaches. Anthony was so good at preaching about what WAS true about Jesus and what His Church teaches that people started calling Anthony: “The Hammer of Heretics!” Anthony would smash the untrue words with his true words so people could understand who Jesus REALLY is and what His Church really teaches.*

*(Pause, look up towards the altar and say)* “Wow, Jesus! Maybe You will give the boys and girls here at our Holy Hour today the same gift of speaking about You that You gave to St. Anthony!

*(Quick pause then continue)* During one season of Lent - remember Lent lasts 40 days leading up to Holy Thursday, Good Friday and Easter Sunday - Anthony decided to preach every day in the city of Padua in Italy. When people found out that Anthony was preaching, **tens of thousands** of people came to Padua to hear him!

*Anthony spoke the most beautiful words about Jesus! Grandpa told me that there is a story about Anthony that we don't know for sure if it's true (but he thinks it very well could be) that when Anthony died, a beautiful white lily came out of his mouth! He said that was because Anthony's words were so pure, good and holy, especially when He preached about Jesus and His Church, that God could very well have done that little miracle.*

*He said that we do know as a fact that over 30 years after Anthony died, his coffin was opened and his body had decomposed (it was now just bones) EXCEPT for one part of him: his tongue! Anthony's tongue looked like it did as if he were still alive! Grandpa said that it was God's way of saying: “Hey everyone! Pay attention to my humble servant Anthony. I want you to listen and follow what he said about Me!” By the way, my grandpa visited St. Anthony's Church in Padua, Italy and he actually saw Saint Anthony's 800-year-old tongue!*

*Grandpa said I should always ask St. Anthony to help me with my tongue, meaning my words, so I will always use my tongue correctly. I must use it only to tell the truth and never to tell lies. I must always talk about Jesus and holy things with great love and respect. I must never say curse words or repeat impure stories or jokes. I must never gossip or talk about the faults and sins of people I know to others. If I'm not sure about that last one, I can always ask my grandpa or dad and mom for guidance... My Grandpa said if I do this, then my tongue will always look like a lily to Jesus! **(Pause)***

*Ever since I was a little boy, my grandpa has read me stories about Saint Anthony from his huge library of books. I decided to tell you my all-time favorite story about St. Anthony. I think you will love it as much as I do. It goes like this:*

*Saint Anthony lived in the very early years of the 13th century in the country of Italy. He was a wonderful priest who would move people to tears of joy with his beautiful words about Jesus. Anthony would travel from town to town and stop in the village square to preach to the people. He would tell them about the great love of God. He would tell the people that there was nothing greater than receiving Jesus in Holy Communion.*

*One late afternoon, in a dusty town square, while Anthony was preaching to the townspeople about Jesus truly present in the Most Blessed Sacrament, a young man broke through the crowd and ran up to the priest. “I don't believe you!” he cried. “Jesus is NOT present in the little white Host!”*

*“Yes, He is,” answered Anthony. “When a Catholic priest speaks the words of consecration during Holy Mass, ‘This is My Body’ and ‘This is My Blood,’ the bread and wine become the Body and Blood of our Lord Jesus Christ. It is the greatest miracle of love for absolutely nothing is impossible with God!”*

*The man began to laugh. “That is ridiculous!” he cried.*

*Anthony looked at the man with great love and said, “But, my friend, it is absolutely true.”*

*The man stopped laughing and snapped, “Then prove it, Priest!”*

*“All right,” replied Anthony. “How shall I prove it to you?”*

*The man stood very still and thought long and hard. Suddenly he turned and ran through the very large crowd that had gathered. A few moments later the crowd parted as the young man led a small donkey to the feet of Anthony.*

*“I challenge you, Priest!” cried the man. “I will starve this beast for 3 days. I will give it no water or food of any kind. In 3 days we will meet again at this very spot at this same time. At one of the ends of the square you will stand with your piece of bread that you call ‘Jesus.’ At the other end I shall stand with a fresh pail of my donkey’s favorite food. We shall then place the animal in the middle. If the beast comes to me, you will leave our town and never again speak to us about this nonsense of Jesus Christ in the little white Host.”*

*“And if the animal comes to me first?” asked Anthony.*

*“Then,” said the man, “I will believe.”*

*“Very well,” said Anthony. “I shall see you here again in 3 days.”*

*So, for 3 days the man starved his donkey and for 3 days Anthony fasted and prayed. During the afternoon of the 3rd day, Anthony offered Holy Mass. When he finished, he placed a consecrated Host in a monstrance and reverently made his way to the town square.*

*A huge crowd of people had gathered to watch what would happen. They saw Anthony at one end of the square holding the monstrance that contained Jesus in the Host. On the other end of the square, they saw the young man with a large pail of very delicious smelling food. The starving donkey was led to the middle.*

*It was then that Anthony cried out in a loud voice, “Creature of God! In the Name of our Lord and Savior Jesus Christ, truly present in the Most Blessed Sacrament, I command you, in His Name, to come and adore your Creator!”*

*Let all who witness this miracle today and all those who will hear of it in years and centuries to come, know that our Lord Jesus, who is the same yesterday, today and forever, is truly present, Body, Blood, Soul and Divinity, in the little white consecrated Host!"*

*Then the starving donkey, ignoring the delicious smelling aroma coming from the food in the pail his master was holding, immediately turned towards Anthony and began to walk to him. When the donkey reached Anthony holding Jesus in the monstrance, the creature bent his boney knees and knelt, bowing down his head in a gesture of adoration.*

*The crowd was stunned to silence! The young man dropped the pail of food and then dropped to his knees. He began to weep and strike his breast crying, "Lord Jesus, have mercy on me for I am a sinner!"*

*Then he raised his arms towards Anthony holding the Blessed Sacrament and cried, "Jesus! I believe! My Lord and my God!"*

*Then the great, vast crowd of people fell to their knees with cries of praise and thanksgiving for a great miracle had happened in their town! God had visited His people!*

*To this very day, there is a shrine in Italy that marks the spot where the faithful priest of God, Saint Anthony "the Wonder Worker," brought our Lord Jesus Christ, truly present in the Most Blessed Sacrament, to the people. There all creatures, including a four legged one, knelt and adored their God!"*

**(Pause)** *From Psalm 96: "Come, let us worship and bow down; let us kneel before the Lord our Maker."*

*Boys and girls let us kneel now and adore our God, truly present on the altar before us.*

**(Kneel, long pause of quiet adoration)**

## **QUIET PRAYER TIME**

*Let's talk with Jesus, Heart-to-heart, now.*

## **PREPARING FOR BENEDICTION**

**(We are kneeling)** *One minute before Father and the altar servers enter for Benediction:*

*"O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine. O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine. O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine."*

## **BENEDICTION OF THE MOST BLESSED SACRAMENT**

*Boys and girls, I see Father and the altar servers are ready now for Benediction, so let's look in our program and together sing: "Down In Adoration Falling."*

*(See program example for the Eucharistic hymns and "The Divine Praises")*

*When Father puts the Blessed Sacrament back into the tabernacle and closes the tabernacle doors say: Boys and girls, let's stand and sing "Immaculate Mary."*

*As Father and the altar servers start to exit, we sing:*

*"Immaculate Mary, your praises we sing;*

*You reign now in splendor with Jesus, our King.*

*Ave, ave, ave Maria! Ave, ave, Maria!"*

*After Father and the altar servers have left the Church, turn towards the children and say:*

*Jesus is so happy that you came to make a visit with Him! Remember, He's always here in the tabernacle for you to come and make your visits with Him. Have a great week and we'll see you at our next guided Holy Hour!*

**Questions? Please contact us through [CatholicKids101.com](http://CatholicKids101.com)**

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*"We are kids telling kids about Jesus!"*



**NOTES:**